

# Manage Myself & I Manage My Team

## New Manager's Series

"If something is wrong in the world, this is because something is wrong with the individual, because something is wrong with me.

Therefore, if I am sensible, I shall put myself right first ...

In the last analysis, the essential thing is the life of the individual. This alone makes history, here alone do the great transformations just take place, and the whole future, the whole history of the world, ultimately springs as a gigantic summation from these hidden sources in individuals."

*Carl Jung*

The only way to succeed is to improve yourself. If everyone did that the world would be a different place. This module tackles personal development and role modelling that will sew the seeds of leadership.

### Topics included in this module:

**The only lasting change I can make is to myself**

**Building trust and credibility**

**The depths and details of role modelling**

**Know my strengths and areas of growth**

**Showing strength and humanness**

**Managing time and energy**

**Emotional and spiritual intelligence at work**

### Information:

**3 hours**  
**Certificate of Attendance**  
**Comprehensive Reference Guide**  
**Personal Implementation Workbook**  
**Free subscription to CTD News, Tools and Tips**

This module is part of the 'New Manager's Series' and can be combined with other modules for an in-house training intervention from 2 – 4 days.

**Stepping Up To The Plate | Building Confidence, Building Relationships | Planning and Implementing | Manage Myself and I manage My Team | Setting Boundaries, Consequences and Goals | Creating a Team | Managing Performance – An Introduction | Coaching Performance – An Introduction | Holding a Difficult Conversation.**

Contact us : 011 431 4359, [ctdinfo@ctd.co.za](mailto:ctdinfo@ctd.co.za)